



# Prep School Lunch Menu Week 1 (Pre Order Menu)

W/C 07.09.20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Basil	Potato & Leek	Butternut Squash	Carrot & Coriander	Roasted Red Pepper
<b>Hot Plate 1</b>	Mild Beef Chilli, Rice & Rainbow Corn	Italian Chicken Pasta, Rocket Salad & Garlic Bread <i>(plain Chicken option available)</i>	Braised Beef Bourguignon, Creamed Potatoes & Carrots	Chicken Korma, Vegetable Rice & Poppadums <i>(separate Chicken &amp; sauce on side option available)</i>	Breaded Cod Fillet, Chips & Garden Peas
<b>Hot Plate 2 (v.)</b>	Quorn Meatballs, Wholemeal Spaghetti & Green Salad <i>(Meatballs &amp; sauce on side option available)</i>	Plantilicious Hoi Sin Vegetable Stir Fry & Noodle Nest	Vegan Sausages in Gravy with Creamed Potatoes & Carrots <i>(plain Sausages available)</i>	Vegetable Lasagne with Green Beans & Garlic Bites	Cheese Frittata, Chips & Garden Peas
<b>BENTO Salad Lunch Box</b>  <b>Bread Roll &amp; Butter portion</b>	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets
<b>Jacket Potato &amp; Fillings</b>  <b>Selection of filled Rolls &amp; Baguettes</b>	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon
<b>Dessert Pot</b>	Peach Crumble & Custard	Chocolate & Beetroot Cake with Cream	Butterscotch Mousse	Steamed Ginger & Pineapple Sponge & Custard	Eton Mess
<b>Fruit &amp; Yoghurt Pots</b>	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



# Prep School Lunch Menu Week 2 (Pre Order Menu)

W/C 14.09.20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Red Lentil	Broccoli & Cheddar	Spicy Parsnip	Cream of Chicken	Mushroom
<b>Hot Plate 1</b>	Sweet & Sour Chicken with Noodles & Broccoli <i>(separate Chicken &amp; sauce on side option available)</i>	Traditional Beef Lasagne, Buttered New Potatoes & Green Beans	Roast Gammon or Turkey with Gravy, Roasted Potatoes & Vegetable Medley	Barbecue Pork, Steamed Rice & Charred Corn <i>(separate Pork &amp; sauce on side option available)</i>	Cheese & Bacon Burger French Fries & Baked Beans
<b>Hot Plate 2 (v.)</b>	Cauliflower Cheese Bake, Diced Potatoes & Grilled Tomatoes	Vietnamese Vegan Hot Pot, Coriander Rice & Asian Slaw	Macaroni Cheese, Garlic Dough Ball & Garden Peas	Vegetable Burrito, Salsa Salad & Charred Corn	Vegan Fishless Fillet, French Fries & Baked Beans
<b>BENTO Salad Lunch Box</b>  <b>Bread Roll &amp; Butter portion</b>	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets	Quinton House Salad (Lettuce, Tomato, Cucumber & Red Onion) With your choice of Mild Cheddar Cheese Tuna Mayo Sliced Ham Vegan Nuggets
<b>Jacket Potato &amp; Fillings</b>  <b>Selection of filled Rolls &amp; Baguettes</b>	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon
<b>Dessert Pot</b>	Key Lime Pie	Golden Syrup Sponge with Custard	Cranberry Flapjack Slice	Apple Crumble & Custard	Mixed Jelly Pots
<b>Fruit &amp; Yoghurt Pots</b>	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



# Senior Lunch Menu Week 1

W/C 07.09.20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Basil	Potato & Leek	Butternut Squash	Carrot & Coriander	Roasted Red Pepper
<b>Hot Plate 1</b>	Mild Beef Chilli, Rice & Rainbow Corn	Italian Chicken Pasta, Rocket Salad & Garlic Bread (plain Chicken option available)	Braised Beef Bourguignon, Creamed Potatoes & Carrots	Chicken Korma, Vegetable Rice & Poppadums (separate Chicken & sauce on side option available)	Breaded Cod Fillet, Chips & Garden Peas
<b>Hot Plate 2 (v.)</b>	Quorn Meatballs, Wholemeal Spaghetti & Green Salad (Meatballs & sauce on side option available)	Plantilicious Hoi Sin Vegetable Stir Fry & Noodle Nest	Vegan Sausages in Gravy with Creamed Potatoes & Carrots	Vegetable Lasagne with Green Beans & Garlic Bites	Cheese Frittata, Chips & Garden Peas
<b>BENTO Salad Box main</b>	Tuna Nicoise Salad	Celeriac Remoulade with Smoked Crispy Bacon	Chicken Caesar Salad	Smoked Mackerel Salad with Beetroot Salsa	Pastrami, Pasta, Roasted Peppers, Courgettes & Tomato Dressing
<b>BENTO Salad Box main (v.)</b>	Bulgar Wheat Salad With Feta Cheese	Indian Chickpea, Mango & Coconut Salad	Rocket, Spinach & Italian Cheese Salad	Pearl Barley, Edamame Bean & Pea Salad – Ricotta & Lemon Dressing	Beetroot, Spinach & Soya Bean Salad
<b>Jacket Potato &amp; Fillings Selection of filled Rolls &amp; Baguettes</b>	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon
<b>Dessert Pot</b>	Peach Crumble & Custard	Chocolate & Beetroot Cake with Cream	Butterscotch Mousse	Steamed Ginger & Pineapple Sponge & Custard	Eton Mess
<b>Fruit &amp; Yoghurt Pots</b>	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



# Senior Lunch Menu Week 2

W/C 14.09.20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Red Lentil	Broccoli & Cheddar	Spicy Parsnip	Cream of Chicken	Mushroom
<b>Hot Plate 1</b>	Sweet & Sour Chicken with Noodles & Broccoli <i>(separate Chicken &amp; sauce on side option available)</i>	Traditional Beef Lasagne, Buttered New Potatoes & Green Beans	Roast Gammon or Turkey with Gravy, Roasted Potatoes & Vegetable Medley	Barbecue Pork, Steamed Rice & Charred Corn <i>(separate Pork &amp; sauce on side option available)</i>	Cheese & Bacon Burger French Fries & Baked Beans <i>(plain Burger option available)</i>
<b>Hot Plate 2 (v.)</b>	Cauliflower Cheese Bake, Diced Potatoes & Grilled Tomatoes	Vietnamese Vegan Hot Pot, Coriander Rice & Asian Slaw	Macaroni Cheese, Garlic Dough Ball & Garden Peas	Vegetable Burrito, Salsa Salad & Charred Corn	Vegan Fishless Fillet, French Fries & Baked Beans
<b>BENTO Salad Box main</b>	Greek Salad with Grilled Chicken Breast	Tuna & Sweetcorn Pasta Salad	Potato & Bacon Salad	Thai Noodle Salad with Yakatori Chicken Skewer	Italian Pasta Salad with Chorizo
<b>BENTO Salad Box main (v.)</b>	Pasta & Mixed Beans in a Pesto Dressing	Potatoes in a Tomato & Basil Dressing	Mistura – Cous Cous, Squash & Apricots	Rice, Pineapple and Coriander with Curried Mayonnaise	Bulgar Wheat Salad with Feta Cheese
<b>Jacket Potato &amp; Fillings Selection of filled Rolls &amp; Baguettes</b>	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon	Grated Cheese Tuna Mayonnaise Chicken & Bacon
<b>Dessert Pot</b>	Key Lime Pie	Golden Syrup Sponge with Custard	Cranberry Flapjack Slice	Apple Crumble & Custard	Mixed Jelly Pots
<b>Fruit &amp; Yoghurt Pots</b>	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots